

SOCIAL DISTANCING: STAYING HOME WHEN SICK

Flu Weekly

www.ohiopandemicflu.gov

A message from your local health department

Winter 2006

WILL HISTORY REPEAT ITSELF

EXPERTS AGREE ANOTHER FLU PANDEMIC WILL OCCUR. THE ONLY QUESTION IS WHEN.

5 Habits that could save your life

Cover coughs with a tissue or your upper arm • Wash hands frequently • Avoid social events when sick • Make an emergency plan • keep plenty of food & water on hand



Baseball player during the 1918 Spanish Flu pandemic

Spread the Message Not a Disease